

## How to avoid stinging insects that cause allergic reactions

- Wear light-colored clothing without flower-prints
- Avoid strong fragrances, perfumes and highly scented shampoos.
- Wear shoes while outdoors and cover body with clothing, cap/hat and use gloves while gardening.
- Avoid picking fruit from the ground or trees. Exercise caution in gardens, picnic areas and outdoors where food is served and near refuse.
- Avoid drinking out of opened drink bottles/cans to prevent being stung inside the mouth.
- Wash hands after eating or handling sticky or sweet foods outdoors (especially children)
- Keep uneaten foods covered especially when eating outdoors.
- Avoid high-risk hobbies if possible, e.g. bee keeping in bee venom allergic subjects.
- Always contact professionals to remove bee or wasp nests.
- For bee keepers: wear full protective clothing while handling bees. To avoid family members being stung, the beehives should be kept away from the house and bee keepers advised to change clothing before entering their home. Honey extraction at home increases the risk of being stung.

Common Name	Avoidance Techniques
Honeybee	Avoid flower-print clothing Avoid flowery scents Wear shoes and socks outdoors
Africanized honey-bee†	Avoid flower-print clothing Avoid flowery scents Wear shoes and socks outdoors Remove nests near homes
Fire ant	Wear shoes and socks outdoors Wear gloves and pants when gardening Remove mounds near homes
Paper wasp	Avoid flower-print clothing Avoid flowery scents Remove nests near homes
Yellow jacket	Avoid open food sources, picnic areas, garbage Remove nests near homes
White-faced or bald-faced hornet	Avoid flower-print clothing Avoid flowery scents Remove nests near homes
European hornet	Avoid flower-print clothing Avoid flowery scents Remove nests near homes